

Personal Trainer



Stephanie Strauss

Professional Credentials:

AAAI/ISMA Certified Personal Trainer
TRX Certification (Suspension Training)

Education:

DOC of Philosophy in Holistic Nutrition, University of Natural Health
MS Holistic Nutrition, University of Natural Health
BA Kinesiology, California State University, Long Beach

As a personal trainer, Stephanie is dedicated to helping individuals reach their fitness and health goals. She specializes in strength training, functional/core training, balance/flexibility, corrective exercises and weight management/nutrition. Stephanie designs fitness programs focusing on client goals and desired results. Her passion is to help clients incorporate fitness, nutrition and wellness into their lifestyle.

Stephanie has been a health and fitness professional for 15 years. As a physical/adapted physical educator, Stephanie guides people with disabilities in improving their fitness levels and enhancing their skills in lifetime activities. Stephanie has worked with a diverse population, ranging in ages, ability levels and medical conditions. She adapts/modifies programs based on the specific needs and abilities of each individual.

Stephanie enjoys weight training, running & continuing education in the field of health, fitness, and wellness. Stephanie has a diverse background in coaching sports and played basketball at UC Riverside.